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NEWS WORTH

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Edmonton police make first pitch for new choppers

Upgrade. Move to Villeneuve Airport has reduced response time, time in the air of current helicopters

RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton police, as part of their first pitch for new machines, told city councillors that the current helicopter fleet is taking longer to get to calls, spending less time over the city and abandoning cases more often.

The decision to replace at least one of the helicopters with a larger twin-engine craft will be made during the capital budget process this fall.

Edmonton police told councillors Monday they will be looking for $7 million to replace one helicopter in the coming year. After that, they will be seeking another $7 million to replace the second unit in 2019, along with a new landing base at an approximate cost of $8 million.

The closure of City Centre Airport forced the two helicopters to be moved to Villeneuve Airport, which has increased average response times to 9.4 minutes from four minutes. The helicopter is also in the air 11 per cent less and responds to 16 per cent fewer calls.

Unlike the current single-engine helicopters, twin-engine helicopters can take off vertically, which would allow the helicopters to be moved out of Villeneuve onto a heliport.

Supt. Kevin Galvin said that despite the current challenges, the force also has to look ahead as Edmonton continues to grow.

"We're talking about a program that we're trying to take into the future, 20 years into the future," he said.

Coun. Andrew Knack was among several councillors who asked whether the money wouldn't be better spent on more proactive measures rather than something that responds to crime.

"This is a tool that we use to respond to crimes that have been committed," he said.

The helicopter is primarily used in high-speed chases and police commission chair Shami Sandhu said while some of the chases result in minor charges like theft of a vehicle, they also prevent crimes.

"Imagine that vehicle going through an intersection and colliding with a family of four," he said.

THE BREAKFAST CLUB

Premier Dave Hancock, third from left, was on the pancake circuit Monday as he served scrambled eggs at a Stampede breakfast in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

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1 NEWS

Mike Allen

Tories re-admit MLA caught in prostitution sting

Fort McMurray-Wood Buffalo member of the legislature Mike Allen, who was caught in a prostitution sting while in Minnesota on a government trip, is being allowed back into the Progressive Conservative caucus.

Caucus whip George VanDerBurg says Allen has been accepted back after a secret-ballot vote by government members.

In 2013, Allen pleaded guilty in St. Paul, Minn., to a misdemeanour after he contacted officers who had posted a fake online ad for escorts.

THE CANADIAN PRESS

Calgary disappearance

'Person of interest' appears in court on unrelated issue

Douglas Garland, who is still identified as a person of interest in the mysterious disappearance of a Calgary child and his grandparents, appeared in court on an unrelated matter Monday.

Local media reported Garland, 54, was the man police took into custody Saturday for questioning and later released while investigating the disappearance of five-year-old Nathan O'Brien and his grandparents, Alvin and Kathy Liknes.

Garland, 54, remained in custody charged with identity theft in an unrelated case.

THE CANADIAN PRESS

According to Ling's owners, the cat was last seen by her owners June 20 when they let him outside for the night. The next morning, the family said they found the cat stabbed and left in a garbage bag. CONTRIBUTED

Animal abuse on the rise, police report

EPS. There were 71 cases in 2013, up from 28 in 2009

LEAH GERMAIN
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Edmonton police are reporting a steep rise in the number of city animal abuse cases, with the number of annual files more than doubling in nearly five years.

Last week an Edmonton man pleaded guilty to charges of stabbing a family friend's cat, mutilating it and cooking it, putting a spotlight on cases involving family pets.

Since 2009, the number of reported animal abuse cases has more than doubled from 28 to 71 in 2013.

A second possible cat killing was reported to police last month when an Edmonton woman alleged her cat was repeatedly stabbed and had its entrails removed.

According to Emily, who asked her last name not be published for personal reasons, her cat Ling was let out of the house June 20 to sleep outside.

When the family couldn't find the cat the next morning, Emily said she became worried and it wasn't until late evening that she noticed a black garbage bag sitting adjacent to her trash cans.

Inside, Emily said she discovered her "timid, friendly" 11-year-old long hair orange tabby that had a number of stab wounds and its entrails removed.

"If you look at him, you can see clear incisions," Emily said about her pet.

While police say the two cases aren't related, EPS released the stats showing a jump in animal abuse incidents in the last five years.

EPS spokesperson Scott Pattison said animal mutilations are rare in Edmonton.

"From my perspective, it's a very kind of random act. We don't see it often.

"The incident that happened in the Mill Creek ravine (when a cat was mutilated and cooked) was probably the only one I've heard of in the last few years," Pattison said.

"This most recent one, there are no suspects involved at this time, so we're not sure what happened to that cat."

Quoted

So far in 2014, police have received 38 calls including reports of abandoned animals, animal attacks, suffering or injured animals and death or injury to an animal.

Edmonton Transit hit with lawsuit after 'honour killing' ads removed

'Suppress an opinion.' Group says move was violation of freedom of expression

STEPHANIE DUBOIS
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Complaints

Aqsa Parvez, who was killed in 2007 by her brother and father for not wearing a hijab, is one of the women featured in the advertisement that was removed.

- City officials say complaints around the ads were primarily focused on "negatively singling out one particular religious group."
- The ads were placed on the back of Edmonton buses.

One of the ads pulled from Edmonton Transit, which was posted alongside a press release on the Justice Centre for Constitutional Freedoms' website. METRO FILE

Edmonton Transit is facing legal action after anti-honour killing advertisements were removed from city transit, according to a press release posted online Monday.

According to the Calgary-based Justice Centre for Constitutional Freedoms' (JCCF) website, the organization will be representing a non-profit human advocacy group after their ads were removed from city buses. The case will be in Alberta Court of Queen's Bench on Feb. 15.

"It's just wrong that in a public forum like bus advertisements ... for the City of Edmonton to suppress an opinion just because some people don't like it," said lawyer John Carpay, president of the JCCF.

One of the ads in the series, which was paid for by the American Freedom Defense Initiative, featured the headline "Muslim Girls Honor Killed By Their Families," followed by photos of seven women who, according to the advertisements, were murdered for choosing to live by Western values.

The rest of the ad read "Is your family threatening you? Is there a fatwa on your head? We can help: go to FightforFreedom.us," according to the press release. The ads ran on city buses in October 2013 before they were removed a few days later, said Carpay.

The group says the removal of the ads has prompted legal action to defend freedom of expression as protected in the Canadian Charter of Rights and Freedoms.

City officials won't comment on the case prior to the court date but did say that the ads were removed due to breaches of the Canadian Code of Advertising Standards.

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Edmonton

Misericordia Hospital. 300 patients rerouted after weekend flooding

After a flood soaked the day ward at Misericordia Hospital on the weekend, health-care officials said it's still unclear what the cost for repairs will be or when the ward will be back up and running.

Senior operating officer Jan Schimpf spoke to media Monday as crews continued to restore the Misericordia after a broken pipe flooded the area with rainwater Saturday.

At this time, it's estimated 300 people will be affected by the flooding.

While Schimpf couldn't give a time frame on the ward's reopening, she said patients will be rerouted to the University of Alberta and Grey Nuns hospital for certain procedures, while the Misericordia's operating suites will be back online July 14.

"This is a unique event," she said. "It was created by a very bad rainstorm Friday night going into Saturday morning."

Schimpf said she wouldn't comment on the need for a new hospital, noting she wanted to focus on this specific incident.

LEAH GERMAIN/METRO

Misericordia senior operating officer Jan Schimpf said operating rooms at the hospital will reopen July 14 following a flood Saturday morning in the hospital's day ward. LEAH GERMAIN/METRO

Apiculture a go

Bee pilot project takes flight

Some city backyards will soon be hives of activity after city councillors gave their backing to a beekeeping pilot project.

Councillors voted unanimously to go ahead with the proposal, with some on council suggesting the city could even skip the pilot stage.

Mayor Don Iveson said it was past time the city approved urban beekeeping and that the pilot was about the details, not the concept.

"This is a pilot to get all of the rules straight," he said. "This is not dipping our toe in the water."

Under the proposed pilot project, people will be able to apply to set up legal hives in their backyard subject to certain conditions, including hives will have to be well managed and owners will need consent from neighbours.

Formal bylaws are expected in 2015 and the city is hoping to use the pilot to address any potential issues.

Matthew Beckner with the group Yeg Bees said the project is a great move forward. RYAN TUMILTY/METRO

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City canters ahead with Whitemud Equine Centre

The Whitemud Equine Centre hosts several children's programs and more than 40 per cent of its users have special needs. CONTRIBUTED

Limited fundraising. Many on council upset group hasn't raised more money

RYAN TUMILTY
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City councillors are moving ahead with scaled-down plans for redevelopment of the Whitemud Equine Learning Centre, despite one councillor calling the presentation on the proposal the worst he'd ever seen.

Councillors gave tentative approval of $4 million back in 2012, for what was originally pushed as a $16-million project, but has now been scaled back considerably.

The $4 million was based on the association that runs the centre fundraising the remaining $12 million. At the time, it would have included two riding arenas, stabling for 55 horses as well as classrooms and office space.

The scaled-down version council discussed Monday would include only one arena, fewer stables and less overall space. The city's $4 million would still be contributed along with a $2.5-million social enterprise loan.

Councillors had several questions about why the association that runs the centre hadn't followed through with the fundraising.

"This is probably one of the worst presentations that I have heard from any group," said Coun. Tony Caterina.

Dianne David, the association's executive director, said they didn't expect the challenges they had raising the funds.

"Quite frankly we don't have the experience in fundraising for a major facility and we thought, wrongly, that it was going to be a lot easier than it was," she said.

Coun. Bryan Anderson said he would have liked the association to have put forward a better plan.

"What you're hearing is disappointment that there wasn't a piece of paper here with a fundraising plan," he said.

The centre's existing arena is expected to be unusable in 2016 if new funding isn't provided. Linda Cochrane, the city's general manager of community services, encouraged council to stay focused on that immediate need, which can be fixed with current funds.

"There's a long-term plan and there's a short-term need," she said.

Second phase

- The association is planning to raise the remaining funds for a second phase of the project, which would include the new arena after the first arena is constructed.
- The city purchased the facility in 1971.

Metro LRT Line testing coming along: City officials

Edmonton transit users shouldn't experience anymore LRT service disruptions until later this summer or early fall, according to city officials.

For the last two Sundays, LRT service was suspended as crews tested out signaling on the Metro LRT Line.

"We've been testing how the software has been working at grade crossings as well as stop locations," Brad Smid, project manager with LRT line and construction, told Metro on Monday.

Calibrating the software to the actual LRT system has been the major focus of most of the testing since the line does cross the current system route, with city officials adding that this new system "allows them to increase the capacity" of the system.

"(The testing) allows us to manage those meeting points where the two lines come together, particularly at Churchill," said Smid.

The opening of the Metro Line was delayed after the contractor had issues with the signaling system, pushing the opening date to later this year.

The line is a 3.3-kilometre extension from Churchill LRT Station in downtown Edmonton northwest to NAIT.

LRT path

- The Metro line is the first segment of a planned LRT path that extends to the city's limits near St. Albert.

Testing will now be done at the contractor's facility, with dates for the next LRT shutdown predicted for late August, according to Smid. STEPHANIE DUBOIS/METRO

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Quote: "SILO-July2014" in subject line. We thank all applicants for their interest, however only those who clearly outline the application requirements above will be contacted toward future screening.

Highway 770. One dead following two-vehicle collision west of the city

One man is dead following an early morning collision on Highway 770 near Range Road 512.

Spruce Grove/Stony Plain RCMP was called to the scene at 6:25 a.m. Monday where two vehicles had collided.

One driver died on scene, while the other was pulled from his vehicle by an off-duty firefighter and transported to an Edmonton hospital via STARS.

There were no passengers in either vehicle.

The name of the victim is not being released before family members are notified. METRO

At a glance

For more local news, go to metronews.ca

N.W.T. wildfire

Air quality warning issued due to smoke

Skies covering Edmonton were thick with smoke Monday as a wildfire in the Northwest Territories continues to rage on, prompting Alberta Health Services to issue a precautionary air quality warning.

As a precaution, Alberta's health authority warned individuals could be affected by "temporary irritation of eyes and throat." METRO

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More than 60 escape Boko Haram's grip

Nigeria. Girls and women kidnapped two weeks ago now free, but 200 taken in April still unaccounted for

More than 60 Nigerian girls and women abducted two weeks ago by Islamic extremists have managed to escape, officials said Monday, though more than 200 girls kidnapped in April still remain missing.

Nigerian security forces and federal officials have denied reports of a mass abduction June 22 from three villages in the northeastern state of Borno. But Chibok government chairman Pogu Bitrus said Monday he had verified that about 60 women and girls escaped last week by sending a representative to meet with some of the escapees and their families at a hospital in Lassa.

Civil patrol leader Abbas Gava in Maiduguri, capital of Borno state, said he was told 63 women and girls escaped Friday while their captors were engaged in a major attack on a military barracks and police headquarters in the town of Damboa.

The Associated Press had originally quoted witnesses and a local official saying that 90 people including about 30 boys had been kidnapped from the three villages on June 22. But Bitrus said those who escaped said no male individuals were abducted with them.

Boko Haram extremists have been waging an insurgency for five years in northern Nigeria, demanding the establishment of an Islamic state.

More than 2,000 people have died so far this year in the Islamic uprising, compared to an estimated 3,600 total deaths in the previous four years.

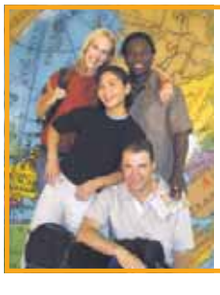
The group drew international condemnation for the April 15 abductions of more than 300 schoolgirls from a school in Chibok in the northern state of Borno. Some 219 of those girls are still missing.

The government and military failure to rescue them has attracted sharp criticism worldwide.

Boko Haram is demanding the release of detained fighters in exchange for the Chibok girls but Nigerian President Goodluck Jonathan reportedly has refused to consider a prisoner swap.

Bitrus said attacks have increased around Chibok and that Boko Haram has taken over some villages and is threatening to capture others. A local group, the Kibaku Area Development Association, says 19 villages have been attacked since the April 15 abductions, with more than 229 people killed and about 100 seriously wounded.

THE ASSOCIATED PRESS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In case of bulls running amok, curl up and take cover

Revellers fall as Torrestrella fighting bulls trot in the running of the bulls of the San Fermin festival, in Pamplona, Spain, Monday. Fifteen people have died from gorings since 1924. The bulls are invariably killed by matadors in evening bull fights, their meat served up in local restaurants. Animal rights activists protested the annual event over the weekend. Scan the photo with your Metro News App to see more photos from the run. ANDRES KUDACKI/THE ASSOCIATED PRESS

Bill C-36. Hearings begin on prostitution law draft

In a rare summer sitting, the House of Commons justice committee is examining Bill C-36, the federal government's proposed new prostitution law. Here is a primer on the proposed law:

Why a new law? Last December, in a case known as Bedford, the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms. The court gave the government a year to bring in new legislation.

Choices: In some countries, such as New Zealand, prostitution is legal and regulated under labour and public health laws. The so-called Nordic model, followed in Norway, Sweden and Iceland, makes buying sex illegal, while selling it is not.

Old law: Selling sex was legal, but living in a bawdy house or brothel was illegal, as was living off the profits of another's prostitution and soliciting sex in public.

New law: Selling sex remains legal, but buying it becomes a criminal offence. It will also be illegal for anyone to communicate for the purpose of prostitution and prohibits advertising the sexual services of others.

Pros: The government says the bill will protect vulnerable women and keep communities safe by allowing prostitutes to rent apartments, screen clients, hire a receptionist or security guard, and advertise their own services.

Cons: Sex workers say that because buying sex remains a criminal offence, the new law will drive prostitutes back into dark alleys and industrial zones, leaving them at risk.

THE CANADIAN PRESS

Israel. Suspects in deadly abduction confess: Official

Three Israeli suspects in the killing of a Palestinian teenager who was abducted and burned to death last week confessed to the crime on Monday and were re-enacting the incident for authorities, an official said, as the country's leaders raced to contain a public uproar over the slaying.

The authorities reported the confessions as violence continued on Israel's volatile front with the Gaza Strip. Palestinian militants bombarded Israel with some 40 rockets and mortars, drawing Israeli airstrikes in retaliation, and at least eight Palestinian militants were killed.

The region has been on edge for weeks since three Israeli teenagers were kidnapped and killed in the West Bank. Last week, hours after the Israeli teens were buried, 16-year-old Mohammed Abu Khdeir was abducted from outside his home in east Jerusalem, and his charred remains were found shortly afterward in a Jerusalem forest. THE ASSOCIATED PRESS

Militants at a funeral of two Fatah militants killed by an Israeli airstrike in Bureij refugee camp, central Gaza Strip, Monday. KHALIL HAMRA/THE ASSOCIATED PRESS

Fahmy's family not reading into el-Sissi's words

Pardon or propaganda?
Egypt's president told media outlets the case had negative impact on country's reputation

Quoted

"The verdict issued against a number of journalists had very negative consequences ... I wished they were deported immediately after their arrest instead of being put on trial."

Egyptian President Abdel-Fattah el-Sissi on the recent prison sentences handed down to Canadian journalist Mohamed Fahmy and two of his Al-Jazeera English colleagues

The family of an Egyptian-Canadian journalist imprisoned in Cairo voiced cautious optimism Monday at an apparent expression of regret from Egypt's president over Mohamed Fahmy's case.

Fahmy was recently found guilty on terrorism-related charges along with two Al-Jazeera English colleagues in a trial denounced as a sham by a number of international observers.

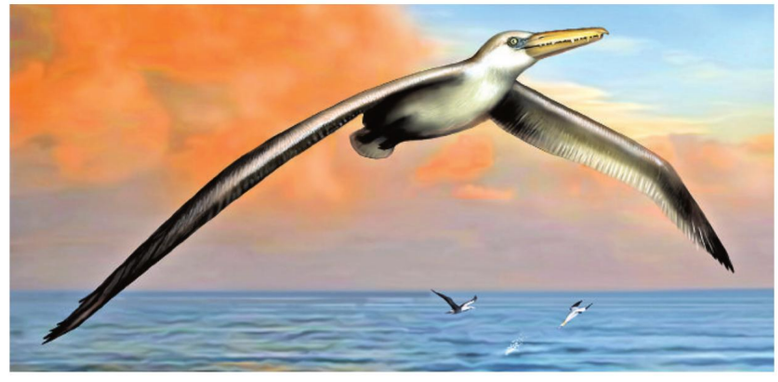
The 40-year-old journalist was sentenced to seven years in prison along with Australian Peter Greste, while another co-worker, Egyptian Baher Mohamed, was sentenced to 10 years behind bars.

Egypt's president, Abdel-Fattah el-Sissi, had initially taken a tough stance on the controversial case, saying he would not interfere in court rulings or the judicial process.

But in a surprising new twist, el-Sissi told editors of certain Egyptian media outlets on Sunday that the heavy sentences in the case have had a "very negative" impact on his country's reputation.

Fahmy's family said they didn't want to read too much into el-Sissi's comments but admitted the president's words had sparked a glimmer of hope.

THE CANADIAN PRESS



Paper released on world's largest flying bird

This undated image provided by the Bruce Museum in Greenwich, Conn., shows a reconstruction image of the world's largest-ever flying bird, Pelagornis sandersi. Its skeleton was discovered in 1983 in South Carolina, but its first formal description was released Monday by the Proceedings of the National Academy of Sciences. The gigantic bird had an estimated wingspan of around 21 feet, about the height of a giraffe. LIZ BRADFORD/BRUCE MUSEUM/THE ASSOCIATED PRESS

Germany

Foreign drivers targeted with new car toll

Germany plans to introduce a car toll that seeks to make money from the millions of foreigners who drive through the country every year, the transport minister said Monday.

Germany has a truck toll but, unlike many European countries, no car toll. Minister Alexander Dobrindt said it wasn't fair that foreign drivers do not contribute to maintaining the roads and that "fairness gap" should be closed. Dobrindt plans to introduce toll stickers in 2016 for all cars using any roads in Germany, not just highways. Foreign drivers will be able to get one-year, two-month or 10-day stickers online or at filling stations. The cheapest option, the 10-day sticker, will cost 10 euros ($14.50 CAD).

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Three bridges blown up as Ukraine troops corner rebels

Donetsk. Both sides point fingers as roads to city held by pro-Russian insurgents destroyed

After Ukrainian forces' seizure of a key rebel stronghold in the east, the major cities of Donetsk and Luhansk could be the next focus of major fighting. Three bridges on roads leading to Donetsk were blown up Monday — possibly to hinder military movements, though the rebels claim it was the work of pro-Kyiv saboteurs.

As nerves fray over the prospect of fighting in the sprawling cities, Russia urges Europe to put pressure on the government to end the fighting, but takes no overt action. Rebels in Ukraine and nationalists at home have called for the Kremlin to send in troops to protect the pro-Russia insurgents, but President Vladimir Putin, wary of more sanctions being imposed by the West, has resisted.

Separatist fighters driven out of the city of Slovyansk and other eastern towns by the Ukrainian army over the weekend are regrouping in Donetsk, a major industrial city of one million where pro-Russia rebels have declared independence as the Donetsk People's Republic. Pavel Gubarev, the region's self-described governor, had promised "real partisan war around the whole perimeter of Donetsk" before thousands of supporters at a rally Sunday.

Ukrainian authorities, meanwhile, say their strategy is to blockade Donetsk and the rebel-held city of Luhansk, the two largest cities in the separatist east, in order to cut off rebel supply lines. Civilians would be allowed to leave and seek aid elsewhere, national security council spokesman Andrei Lysenko said Monday, according to the ITAR-TASS news agency.

Battles between Ukrainian forces and the separatists have left more than 400 people dead and thousands homeless since the uprising began in April. Ukraine's government ended a shaky, unilateral 10-day cease-fire last week, and has since stepped up its fight against the rebels.

It was not clear who blew up the highway and rail bridges Monday. Their destruction would most benefit the rebels by blocking avenues for military advances, but the rebel Donetsk People's Republic issued a statement blaming two of the blasts on Ukrainians aiming to interfere with rebel supply lines.

In the village of Novobakhmutivka, where a rail line crosses over a highway out of Donetsk, an 11-wagon cargo train was perched perilously Monday on the collapsed bridge. The road leads toward Slovyansk, a former insurgent stronghold that was recaptured Saturday by Ukrainian troops.

Anatoly Krasov, who was driving along the road Monday, said he saw an explosion before the bridge collapsed with a large cargo train on it. He said a group of men dressed in the camouflage uniforms often worn by the rebels then got into their cars and drove back toward Donetsk.

Two other bridges on roads leading from Slovyansk to Donetsk were also destroyed Monday in the villages of Zakitne and Seleznevka, the Road Transportation Agency of Donetsk Region said.

THE ASSOCIATED PRESS

Violent uprising

400

More than 400 people have been killed in battles between Ukrainian forces and pro-Russia insurgents.

A woman looks out from her damaged house in the city of Slovyansk, eastern Ukraine, on Monday. Ukraine's president, Petro Poroshenko, has called the capture of the pro-Russian separatist stronghold of Slovyansk over the weekend a "turning point" in the fight for control of the country's east. DMITRY LOVETSKY/THE ASSOCIATED PRESS

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NORTHLANDS EVENT

Oscar Pistorius sits in court in Pretoria, South Africa, Thursday, as his murder trial nears its conclusion. HERMAN VERWEY, POOL/THE ASSOCIATED PRESS

Pistorius trial nearing conclusion, lawyer says

Final witness. Chief prosecutor challenges testimony, says sports physician too close to athlete to be objective

The defence team for Oscar Pistorius plans to close its case after its last witness, a physician who has treated the athlete, completed his testimony at the murder trial on Monday, a lawyer said.

The end of testimony signals a new phase in the months-long trial of Pistorius, 27, who killed girlfriend Reeva Steenkamp, a 29-year-old model, in his home in what he has described as a mistaken shooting. It is expected to lead to a break during which the defence and prosecution prepare final arguments as the high-profile legal battle moves toward a conclusion.

Barry Roux, the chief defence lawyer, indicated that he would wrap up on Tuesday morning after final consultations with his team.

Chief prosecutor Gerrie Nel said on Wednesday the last defence witness, physician Wayne Derman, could not be objective about the double-amputee runner because he was too familiar with the Paralympian, having treated him over many years and travelled with him extensively.

Derman had testified that Pistorius had an anxious nature linked to his disability, bolstering the defence case that the runner's allegedly deep sense of vulnerability was a factor in the killing because, according to his version, he believed he was under threat.

THE ASSOCIATED PRESS

Video re-enactment

On Sunday, an Australian broadcaster showed video footage of Pistorius participating in a re-enactment of how he says events unfolded on the night he killed Steenkamp.

- The broadcast prompted criticism from a lawyer for Pistorius who said the re-enactment was made last year as part of the defence team's trial preparations.
- The video has not been shown at the trial, and it was not mentioned in court on Monday.

Generic OxyContin

Canadian pills getting into U.S.?

The ongoing availability in Canada of a form of OxyContin that was banned in the United States last year may be having a spillover effect, as the pills are still showing up in distant corners of the U.S., according to data presented at a conference in San Diego.

The suspicion is that the abuse-prone pills are getting in from Canada.

The claim comes as Canada weighs whether to follow the American lead in banning the older form of the opioid painkiller that's easier to crush in order to achieve an instant high.

There's pressure from the U.S. to ban the generic form of the drug and switch to the next-generation — a tamper-resistant version produced exclusively by U.S. drug-maker Purdue Pharma.

THE CANADIAN PRESS

Germany

Merkel concerned over alleged spy

German Chancellor Angela Merkel said Monday that if reports that a German intelligence employee spied for the United States are proven true, it would be a "clear contradiction" of trust between the allies.

Speaking at a news conference in China, Merkel made her first public comments on the arrest last week of a 31-year-old man suspected of spying for foreign intelligence services.

German prosecutors say the man is suspected of handing over 218 documents between 2012 and 2014.

German media have reported he was an employee of Germany's foreign intelligence service who says he sold his services to the U.S.

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Earthquake along Pacific coast rattles southern Mexico, Central America

6.9 magnitude. Officials have confirmed three earthquake-related deaths in Guatemala and Mexico

A magnitude-6.9 earthquake along the Pacific coast jolted a wide area of southern Mexico and Central America Monday, with at least three fatalities and damage to homes, hospitals and churches.

The U.S. Geological Survey said the quake hit at 6:23 a.m. on the Pacific coast, two kilometres north-northeast of Puerto Madero, near the Guatemala border. It initially calculated the magnitude at 7.1, but later lowered the figure to 6.9.

Guatemalan President Otto Pérez Molina said in a news conference that the only officially confirmed death in his country so far was of a newborn hit by a piece of false ceiling in a San Marcos hospital.

Meanwhile in Mexico, civil protection officials raised the toll to two dead in the state of Chiapas, and said at least a dozen others were injured by falling tiles and debris.

Guatemala's national spokesman for local fire departments, Raul Hernandez, reported at least two other instances that had yet to be confirmed, of people dying in their homes from collapsed walls in the Guatemalan town of Pati, in the border province of San Marcos. A third person, a woman in Quetzaltenango, died from a heart attack, but it wasn't immediately clear if the heart attack was earthquake-related.

Pérez said the quake was felt in 12 of Guatemala's 22 states. There were reports of power outages and rock slides on some roadways in Guatemala.

Photos posted on social media sites and published by the Guatemalan newspaper Prensa Libre showed buildings with huge cracks across their facades in San Marcos, and one that apparently suffered a partial collapse.

"I thought the house was going to collapse," said Claudia Gonzales, 32, who ran to the street in the town of Comitan with her one-year-old daughter.

The quake was felt across a broad swath of southern Mexico and as far away as Mexico City, but officials had no immediate reports of damage.

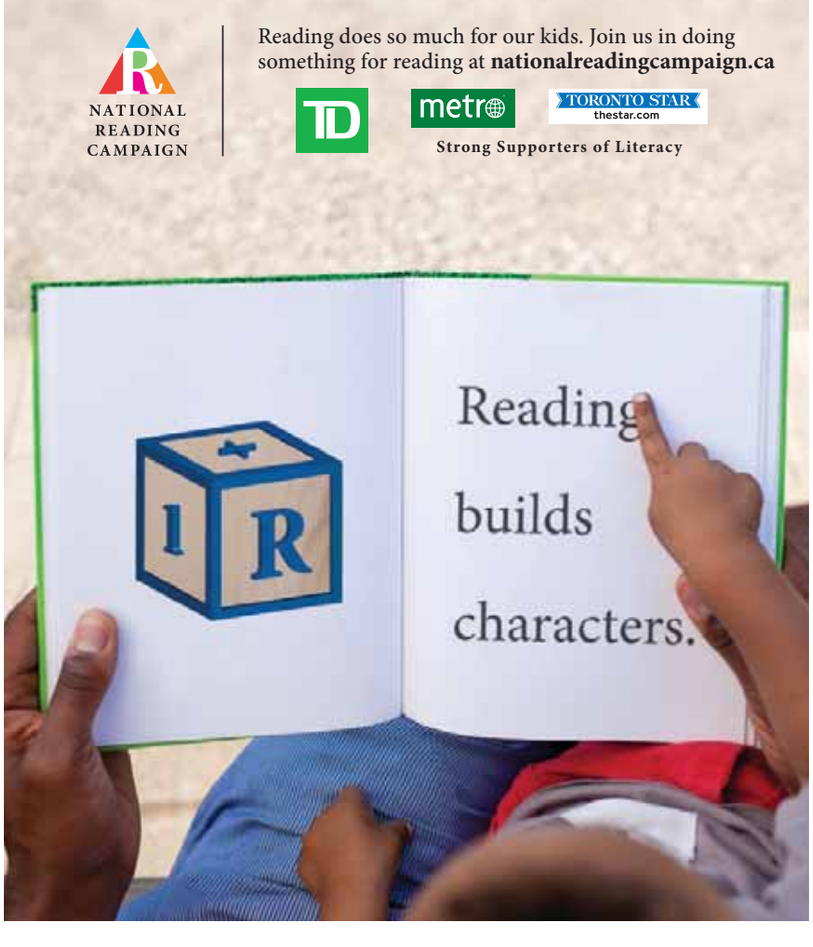
THE ASSOCIATED PRESS

Chiapas

- In the Mexican state of Chiapas, panicked people poured into the streets and the Red Cross said it was treating some frightened adults and children.

Houses collapse in Philly, families displaced

Two collapsed row houses are sectioned off for safety Monday in Philadelphia. Both homes were reported to be occupied when they collapsed in on each other, and while several families have been displaced, authorities said no one was injured. Several neighbouring homes were also damaged. An investigation into the cause of the collapse is underway. MATT ROURKE/THE ASSOCIATED PRESS



Azamat Tazhayakov. Trial starts for friend of suspect in Boston bombings

Boston Marathon bombing suspect Dzhokhar Tsarnaev sent a text to a friend 90 minutes after the deadly explosions and said, "Don't go thinking it's me," a federal prosecutor told jurors Monday during opening statements at the friend's obstruction trial.

Assistant U.S. Attorney Stephanie Siegmann also revealed that a month before the bombings, Tsarnaev told the friend, Azamat Tazhayakov, and another pal that "it was good to die" a martyr.

Tazhayakov has pleaded not guilty to obstruction of justice and conspiracy charges. He and his roommate, Dias Kadyrbayev, went to Tsarnaev's University of Massachusetts-Dartmouth dorm room several days after the bombing and removed a backpack, fireworks that had been emptied of their black powder and a laptop computer, prosecutors say.

Tazhayakov's defence lawyer, Nicholas Wooldridge, told jurors that his client isn't a terrorist and never intended to help Tsarnaev. Wooldridge told the jury that Tazhayakov "never even touched that bag" and never agreed to throw it away. He said Kadyrbayev took the backpack and threw it away.

This May 13 courtroom sketch depicts Azamat Tazhayakov. JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

Tsarnaev is accused of working with his now-dead brother to place two bombs near the finish line of the 2013 marathon, killing three people and injuring more than 260. His trial is scheduled for November.

Kadyrbayev faces his own trial in September. Investigators said Tazhayakov agreed with the plan to get rid of the backpack but that Kadyrbayev threw it away. A third college friend, Robel Phillipos, is accused of lying to authorities.

THE ASSOCIATED PRESS

Honduras

Authorities make last-ditch effort to rescue miners

Authorities are making a last-ditch effort to rescue eight men trapped in a small gold mine in Honduras.

Geologist Anibal Godoy is heading the rescue and recovery operation at the San Juan Arriba mine in a municipality known as El Corpus. Eleven workers who were in the mine were able to flee immediately, and three others were rescued Friday.

THE ASSOCIATED PRESS

Pope Francis

Pontiff meets sex-abuse victims

Pope Francis begged forgiveness Monday in his first meeting with Catholics sexually abused by members of the clergy and went further than any of his predecessors by vowing to hold bishops accountable for their handling of pedophile priests.

The pope held a private mass with six victims, and spent the morning listening to their accounts.

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The big three. Ottawa aims to open up wireless market with spectrum sale

The federal government offered a new source of hope for Canada's small wireless companies on Monday, giving them a shot at high-quality wireless spectrum earlier than expected and limiting how much can be purchased by the largest players.

Industry Minister James Moore said Monday that the government will hold an auction of high-quality AWS-3 spectrum early next year and set aside about 60 per cent of the available capacity for the companies that have emerged since 2008.

"This set-aside represents over half of the AWS-3 spectrum being made available and is the largest single block ever reserved for new entrants in Canada," Industry Minister James Moore said Monday at a Toronto news conference.

Industry Canada will set aside 30 megahertz of the 50 MHz of available spectrum for the newer companies. The spectrum up for sale can carry high-speed Internet video over the airwaves and penetrate buildings, much like the 700 MHz frequencies that were auctioned off earlier this year for about $5.27 billion.

Details of the ground rules for the AWS-3 auction, which will be in addition to a previously announced auction of less desirable 2500 MHz spectrum in April, will be worked out over the coming weeks, Moore said.

"The rules for this auction, consistent with the ones for the 700 MHz and 2500 MHz auctions, will encourage more competition in the wireless market while ensuring the interest of consumers first," the minister told a news conference.

Industry Minister James Moore
THE CANADIAN PRESS

The government has sought to increase competition in the wireless sector that is dominated by Rogers, Telus and BCE's Bell. However, so far, none of the smaller rivals to the big three has amassed even a million subscribers — compared with between about 7.8 million and 9.4 million at each of the big three.

"We have seen this story before and it has not resulted in success for the new entrants," CanaccordGenuity analyst Dvai Ghose wrote in a commentary.

Ghose wrote that 40 MHz of AWS spectrum was reserved for new entrants in the 2008 auction that opened the door for a new generation of carriers, but he noted Public Mobile has been since sold to Telus, Mobilicity is under court protection from creditors and Wind Mobile's largest shareholder, Vimpelcom, has said it won't provide more funds.

THE CANADIAN PRESS

Market Minute

DOLLAR 93.66¢ (-0.18¢)

TSX 15,172.93 (-42.03)

OIL $103.53 US (-$0.53)

GOLD $1,317 US (-$3.60)

Natural gas: $4.23 US (-$0.11)
Dow Jones: 17,024.21 (-44.05)

Earlier this month Stevie Askew, a worker at Sea of Green Farms, packs recreational marijuana into blunts that will be sold in stores when legal recreational pot sales begin Tuesday in Washington state. TED S. WARREN/THE ASSOCIATED PRESS

U.S. shops 'stoked' to start selling pot

Rolling in the green?
Washington state issues its first recreational marijuana shop licences to 24 stores

Sparks excitement

"No one thought legalization could happen in our lifetime. I think this is going to be a little overwhelming for me."

Alison Holcomb, the Seattle lawyer who drafted Washington state's law legalizing recreational marijuana

Washington state issued its first retail marijuana licences Monday with a middle-of-the-night email alerting bleary-eyed pot-shop proprietors that they'll finally be able to open for business.

"We're pretty stoked," said John Evich, an investor in Bellingham's Top Shelf Cannabis, in an early morning interview with The Associated Press. "We haven't had any sleep in a long time, but we're excited for the next step."

Randy Simmons, the state Liquor Control Board's project manager for legal marijuana, said Sunday night that the first two dozen stores were being notified so early to give them an extra few hours to get cannabis on their shelves before they are allowed to open their doors at 8 a.m. Tuesday. The store openings are expected to be accompanied by high prices, shortages and celebration.

The state licensed 14 stores in western Washington and 10 in eastern Washington.

Spokane has three stores. Vancouver (not the Canadian one), Tacoma and Bellingham each have two. Seattle and the other cities on the list have one each.

The issuance of the retail licences marked a major step that's been 20 months in the making. Washington and Colorado stunned much of the world by voting in November 2012 to legalize marijuana for adults over 21, and to create state-licensed systems for growing, selling and taxing the pot.

Sales began in Colorado on Jan. 1. THE ASSOCIATED PRESS

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HOME IS WHERE THE HARD IS

SHE SAYS

Jessica Napier
metronews.ca

I've watched enough television programs in my life to know that when it comes to renovating your home, anything that can go wrong, will go wrong. Still, like every naïve homeowner who decides to embark on a home improvement project, I didn't think it would ever happen to me.

Everyone knows that renovations take twice as long and cost twice as much as you ever plan for. We've all heard second-hand tales of dishonest contractors and unexpected extra costs that add up.

And yet, spending on home renovations in this country has doubled in the past 15 years. According to a new report by real estate consulting company Altus Group, Canadians spent a record $63.4 billion on repair and remodelling projects in 2013 alone. Industry experts attribute this surge in spending to popular reality TV shows that have us all yearning for flashy finished basements, open-concept kitchens and designer en-suite bathrooms.

Like the rest of Canadians under the influence of this so-called HGTV effect, I, too, am keen to add value to my own small piece of property.

My boyfriend and I decided that this year's upgrade project would be to install central air conditioning in our townhouse.

I never would have imagined that something that seemed like such a simple undertaking would result in a series of disasters that would leave us without hot water, without a working toilet and without the will to go on.

Roofers, plumbers and electricians — all of them inexplicably named Mike — have paraded through our home to evaluate and overcomplicate the various steps involved in the project.

We've grappled with water damage to our ceiling, a carbon monoxide leak and the threat of mould.

Thousands of dollars, hours of effort and countless tears later, we are still without air conditioning. It would be funny if it wasn't such a terribly long and expensive headache.

Tough reno

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day.

There's nothing like a home renovation nightmare to test your relationship and your own emotional resolve.

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day. I'm not even concerned about keeping the project on budget anymore as I'm much more worried about keeping my sanity.

I know that one day this whole ordeal will just be a humorous anecdote I share at dinner parties, but for now I'm confused, frustrated and very hot.

I guess the only thing to do is to keep calm and carry on with plenty of patience and a powerful oscillating fan.

HEAVY RAINS IN MUMBAI

A boy stands beneath water pouring from a roof during monsoon rains in Mumbai, India, Monday. The monsoon rains usually hit India from June to September but this year's rains got off to a slow start. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Surviving monsoon season

Everything gets soaked when the monsoon arrives in Mumbai and every year the poor neighbourhoods are the worst hit.

Many of the city's sprawling slums are built at sea level, hugging the shores of brackish rivers or the Arabian Sea. Brown water, and sometimes the garbage and dead rats it carries, pours into the shanty homes, making it almost impossible to stay dry.

In Ganesh Murti Nagar, a typical slum in south Mumbai, residents shared their tips on how they get through the monsoon season:

1. Live the high life. Residents build their beds and shelves high above the ground, so they can sleep and store their belongings above rising waters.

2. Don't cook. The classic Mumbai street snack, Vada pav — a spicy potato-patty on a bun — becomes a staple because cooking and storing food become so difficult with all the water.

3. Stay home. If you don't have to be at work — and even when you do — often the best option is to just wait in bed for the filthy tide of water to recede.

4. Put plastic on everything. Even the best-built slum homes can leak, so people tend to try to waterproof everything.

5. Keep the power off. To prevent getting shocked, people prefer to keep the power off when it's raining. To move around at night, they use flashlights and the light from their cellphones. BLOGS.WSJ.COM

METRO AUGMENTED REALITY

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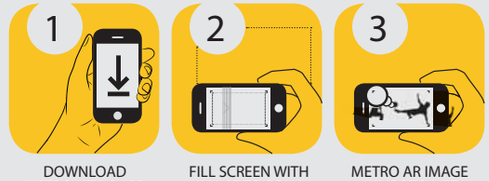

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In this issue, you can find AR enhancements on page 8 in News, page 16 in Scene and page 21 in Sports

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MetroTube

The leak that wasn't

ANDREW FIFIELD
andrew.fifield@metronews.ca

All in all, we seem to be handling the approaching Star Wars sequels with remarkable grace and calm, though it's hard to say whether that's because the 2015 release date seems like a galaxy far, far away or if we're still too wounded by the prequels to love again.

Either way, we can look forward to a steadily increasing supply of fan service — either made by fans or cleverly made to fool us into thinking it was. You can see what seems to be the former here as Imperial military forces enjoy a little downtime at a Frankfurt airport, created and cruelly titled by Frank Wunderlich. (Frank Wunderlich/YouTube)

SCREENGRAB

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SCENE 2

DVD review

Bad Words

Director. Jason Bateman

Stars. Jason Bateman, Kathryn Hahn

How do you spell nasty? It's B-A-D W-O-R-D-S. This stinging comedy about a hateful adult crashing a kids' spelling bee is the feature directing debut of actor Jason Bateman, who also stars. Bateman's Guy Trilby is the most sexist, racist, homophobic, profane and unscrupulous spelling bee participant you could possibly imagine. Trilby is also 40 years old, which makes him a serious anomaly amongst the grade school kids he's competing against. By exploiting a loophole, he's out to win the National Quilt Spelling Bee, much to the consternation of the administrator (Allison Janney) and an elder statesman (Philip Baker Hall). Almost unrelenting in its takedown both of an American institution and the country's obsession with victories big and small, Bad Words is more misanthropic fantasy than satiric fiction.

PETER HOWELL

Ethan Hawke reflects on percolating project

Boyhood. Actor spent a dozen years working with director Richard Linklater to create latest film

NED EHRBAR
Metro World News in Hollywood

Ethan Hawke has been waiting a long, long time to talk about his new film, Boyhood. Directed by regular collaborator Richard Linklater, the film was made a month at a time over the course of 12 years to chronicle the development of a boy (Ellar Coltrane) from ages five to 18 and his parents (Hawke and Patricia Arquette).

When was it OK to start talking openly about this project?

You know, it's strange because the way the Internet has exploded through the course of making the movie, that became a kind of dialogue. Last year when Rick and I were doing the release of Before Midnight, people really started asking us a lot about it for the first time. And for a long time, even if it would be on IMDb or something, it didn't really make people's radar. It was hard for people to even understand what we were up to, and we certainly didn't want to talk too much about it before it was real. The truth is we really tried not to talk about it, but sometimes it was impossible. I would get too excited and I have a blabbermouth anyway.

Boyhood opens in select theatres this summer. CONTRIBUTED

Keeping a level of film-making consistency over 12 years seems rather daunting.

It's an overused word, but Rick really had a vision. Most movies are sprints and just require an immediate kind of discipline, but this movie required real patience. Rarely in film do you have that kind of gestation process. Rick was kind of born a fully developed filmmaker. I mean, Dazed and Confused was his second film and it's an incredibly well-made film. He hasn't changed much, so I don't think it was hard for him to maintain a continuity of style and approach over 12 years. It's just who he is.

At this point, how much of your life has been spent being directed by Richard Linklater?

It's funny, you know, I've made eight films with Rick, so I've spent a large chunk of my life on film sets with him. And if you add up all the promotion and all the rehearsal, it starts to be a huge chunk of my life. And I just can't think of any better way to spend it. I don't know how to say these things so they don't come out the wrong way, but Linklater has a specific kind of ethos to his films that I'm really happy to be a part of.

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the trailer for Boyhood, and just try not being moved.

metro AR

→ See the full instructions on Metro's Voices page.

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Fluffy fan. Dolly Parton vows to adopt ditched dog

Dolly Parton wants to take an unlikely fan home.

"Dolly" the dog was abandoned after the country music legend's performance at the Glastonbury Festival last month. The fluffy white lurcher was found after 150,000 revelers decamped the site in England, and was being fostered Monday by the Happy Landings animal shelter.

Parton has pledged to adopt the dog, which staff at the shelter named in her honour. "I will take the dog home to America if nobody claims her," the singer said in a statement.

"Dolly" is being treated for an ear infection at Happy Landings. The shelter is near the festival site, and is appealing for donations.

The shelter says in a statement that Dolly — the dog, that is — is a "sweet-natured older lady" and that it is trying to determine her owner.

THE ASSOCIATED PRESS

Dolly Parton performs at England's Glastonbury music festival on June 29. JOEL RYAN/INVISION/THE ASSOCIATED PRESS

Star Wars VII. Kevin Smith reports back from the set

A parkour expert and an American living in Glasgow are the latest pair to join the cast of Star Wars VII, both graduating from a U.K. and U.S.-wide open casting call, while a bit of insight into the production reality comes from Clerks director Kevin Smith, who was a guest on the set.

British actor Pip Andersen is described by the franchise's official website as "a skilled practitioner of parkour," having appeared in an ad spot for Sony smartphones.

He answered the call for an athletic, smart, handsome and independent-spirited young man who "doesn't have the strongest sense of himself."

Likewise, stage and screen actor Crystal Clarke pitched based on a character sketch outlining another independent, athletic part, this time for an orphan girl.

Filming continues in London after a stint in Abu Dhabi was brought to completion in May, while the Star Wars website expects a two-week break in August to allow for schedule readjustments as Harrison Ford recovers from a leg injury.

Kevin Smith talks about Star Wars: Episode VII at NIFFF Livestream. LIVESTREAM.COM

Kevin Smith is one outsider who has been on set at the invitation of director J.J. Abrams, and spoke up about his experience at the Neuchâtel International Fantastic Film Festival.

"I saw uniforms, I saw artillery I haven't seen since I was a kid," he said. "I saw them shooting an actual sequence in a set that was real ... and it looked like a shot right out of a Star Wars movie.

"I was like, 'Honestly dude, you're doing it. You're making my childhood again. You're doing our Star Wars.' What I saw blew me away." AFP

On TV

An old enemy back to haunt Doctor Who?

Ahead of the Season 8 premiere of the cult British TV series on Aug. 23, the BBC has unveiled a new teaser.

In the video, a voice that may be that of Davros, creator of the Daleks, comes back to haunt the Doctor. Indeed, fans have been speculating for several months now about the possible return of these extraterrestrial beings set on controlling the universe.

After appearing in the episodes The Day of the Doctor and The Time of the Doctor, Peter Capaldi will play the famous character full time next season. AFP

Doctor Who Season 8 premieres Aug. 23. YOUTUBE

On stage

Performers promote Cats' return to London. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

Cats came back: Musical has new hip-hop twist

Cats is back — and now one of the felines raps.

Andrew Lloyd Webber announced Monday that his hit musical will return to London's West End in a revamped production with a hip-hop flavour.

Based on T.S. Eliot's whimsical Old Possum's Book Of Practical Cats, the musical opened in London in 1981, running for 21 years there and 18 years on Broadway. It runs at London's Palladium for 12 weeks beginning Dec. 6.

THE ASSOCIATED PRESS

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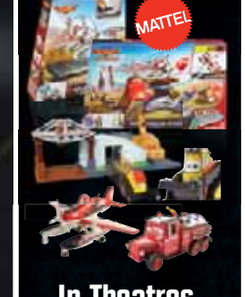

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Zac Efron ALL PHOTOS GETTY IMAGES

Zac's new relationship is fast and furious

It's safe to say no one saw this coming. Zac Efron has been spotted locking lips with … Michelle Rodriguez?

The odd couple has sparked dating rumours during their trip to Sardinia with wealthy Italian pal Gianluca Vacchi, who took Efron, Rodriguez and friends out on a leisurely daylong yacht excursion. It was there that the scantily clad stars were spotted getting frisky with each other and locking lips — which is odd, because we thought Rodriguez liked girls and Efron was more into drugs, but whatever.

For one thing, the makeout session would suggest Rodriguez is no longer seeing girlfriend Cara Delevingne. We could make a Fast and Furious joke here, but honestly we're a little too caught off guard.

Miley mourns her dog with a tattoo and, of course, nearly topless photos

Since Miley Cyrus is still mourning the loss of one of her dogs, Floyd, she apparently decided to honour him in a very permanent way.

The Wrecking Ball singer posted photos on Instagram of herself and two friends sporting matching tattoos of a crudely drawn portrait of Floyd along with the words "with a little help from my fwends" on their torsos.

The tattoos appear to be real, unfortunately, and it looks like they were applied during a house party. She was even good enough to include a shot of her getting inked. And, as is her wont, she made sure to stick her tongue out in each of the nearly topless photos.

Miley Cyrus

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Joan Rivers can dish it, but she can't take it

LISA WEIDENFELD
Metro World News in New York City

Joan Rivers had quite the weekend. After footage surfaced of her calling President Barack Obama gay and the first lady a "tranny," she then went on CNN to talk to Fredricka Whitfield about her new book.

Whitfield pushed her a little bit about her meanness, and then Rivers got tired of the interview, told Whitfield she shouldn't be interviewing comedians and departed. There's even a literal mic drop, as she starts to pull it off when she decides to go.

Whitfield, who in the moment seems to think it's all in good fun, clarifies that it was not actually a prank at the end of the video. Rivers really did get mad that Whitfield asked her about her decision to wear a fur coat. It's possible that it wasn't specifically Whitfield who pushed Rivers over the edge — she's been getting flak for years about whether she's too mean, and Whitfield may simply have been the last straw.

One might be tempted to point out it was a bit on the nose to say that famous people should be able to handle a little criticism before getting offended by "negative" interview questions, but we wouldn't want to be accused of being the wrong journalist to comment on a comedian.

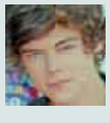
Solange

Solange comes clean about Knowles family drama … sort of

It's been the most anyone had talked about Solange, well, ever, and that's unfortunate because she has a killer voice and amazing style. But the blogosphere just can't resist some Knowles family drama.

Now, Solange is (sort of) coming clean about the whole fight between herself and Jay Z that happened at the Met Gala in May. "What's important is that my family and I are all good," she tells Lucky magazine, adding that she hopes she never has to talk about this whole thing ever again. "What we had to say collectively was in the statement that we put out, and we all feel at peace with that," she says.

Twitter



@Harry_Styles
Sooooo… The weather?

@samantharonson
At some point in my life I made a mistake and am now someone who doesn't know anyone who owns a boat of any kind.

@katyperry
Social media: a great place to start your psychoanalysis on someone!

One sign you need a holiday? When you sprout another set of arms. EEK! THINKSTOCK

The vacation fairy is calling

Do you have flaky skin, a belly and difficulty concentrating? It's not all down to junk food. Stress experts tell Metro when it's time to take a break, before your stress breaks you.

ROMINA MCGUINNESS
Metro World News

Your mind feels like mush

According to research by Harvard Medical School, the stress response kicks off in the brain: the eyes or ears (or both) send information to the amygdala, the area responsible for emotional processing, which then sends a distress signal to the hypothalamus, the brain's command centre, which then communicates with the rest of the body via the nervous system. Blood is rerouted to the vital organs, and away from the brain.

"You're not really thinking in this moment — you're in reaction mode. It's not like you don't need to analyze a spreadsheet, you've just got to get the heck out," says stress coach Dr. Cynthia Ackrill. "But if you're constantly stressed and keep starving your brain of oxygen and blood, you're no longer going to have access to your full mental capacity."

You have dry, yellow-y skin

"The moment your body senses danger, a process known as vasoconstriction — the narrowing of blood vessels — occurs: arteries and veins constrict in order to stop you from bleeding to death, in case you get wounded," says oxidative stress expert Dr. Simone Laubscher.

But you don't need nice skin in order to survive, right?

Precisely why it's the last area of your body that's going to get any blood: "The skin is not just a cover or shell, it's a living and breathing organ. And if it's not getting the right amount of oxygen or nutrients, it's going to look pale and sallow," Laubscher adds.

You feel fat — and tired

According to Dr. Kathleen Hall, founder and CEO of The Stress Institute and Mindful Living Network, if your cortisol levels are out of whack, your whole system is going to spiral out of control: "Cortisol is a very strong stress hormone. It has the power to make your system race, or slow down. Take your metabolism: When you're under acute stress, your body needs more energy, so your expenditure is going to go right up. But as this stress develops into a chronic condition and your body becomes increasingly fatigued, the cortisol is going to start to slow everything right back down. Because if it doesn't do this, you're not going to cope — you might not have the energy to survive."

You're not breathing properly

"Stress causes your breathing to become rapid and shallow. You're getting oxygen in, but not releasing enough carbon dioxide (Co2). This build up of Co2 is toxic, and can lead to acidosis, a condition in which there is too much acid in the body fluids," explains Laubscher.

The obvious solution? Exhale, says Ackrill.

"When you're stressed, your breath automatically shortens and speeds up, your heart rate increases, etc. But this reaction can be reversed. By slowing down the breath and making your exhale longer than your inhale, you're sending signals to the brain telling it to calm down. This then triggers the release of different chemicals, which are both renewing and reparative."

Your digestive system is super slow

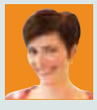
"Digestion is controlled by the central nervous system (CNS), so when the stress activates the fight-or-flight, it's suddenly all about survival — not the cheesy nachos you had for lunch. So even though your GI tract is one of the most muscle-strong systems in the body, what's going on in there isn't of critical importance; the CNS can just shut down the blood flow there and reroute it to the vital organs," Hall says.

This means that until the stress is over, your stomach, and therefore digestion, is on hold. Gross!

Move over, tomatoes: Citrus is the new salsa kid on the savoury block

Health Solutions

There's more to potassium than bananas



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

In the summer, fruit incorporated into main meals makes a big splash.

Of course, a handful of berries or a ripe peach is a great snack, but the combination of the tartness of citrus and softness of fresh herbs opens a whole new savoury door.

Bananas get all the attention as foods that are high in potassium, which is needed to regulate blood pressure and muscle cell regulation.

It is best to get potassium from food since it is easy to throw off the electrolyte balance with supplements.

Citrus fruits are also good sources but with about half the carbs of bananas. Too much sugar in the bananas makes them suspect in managing blood sugar.

Plus, citrus can swing both ways from sweet to savoury.

It is suggested that you get at least 4,700 mg of potassium each day.

The sources of potassium are deliciously varied:

- 5 oz fish = 626 mg
- 1 baked potato = 610 mg
- 1 banana = 422 mg
- 1/2 cup beans = 566 mg
- 1/2 avocado = 487 mg
- 1 cup milk = 387 mg
- 3/4 cup yogurt =362 mg
- 1 orange = 237 mg
- 1 lemon = 116 mg
- 1/2 grapefruit = 166 mg
- Lime = 68 mg

What you really want to do is to vary the delivery system and find a whole lot of flavour doing so.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

START TO FINISH ABOUT 25 MINUTES

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

There is nothing more fresh and light than citrus, and using it in savoury ways is no different. Rather than the usual tedious squeeze of lemon on your fish, try this combo that adds just enough acid to enhance the flavour and loads of vitamin C.

Ingredients

- 1 orange (segmented)
- 1 lime (segmented)
- 1 lemon (segmented)
- 1 grapefruit (segmented)
- 1/2 red onion, sliced thinly
- 1/4 cup honey
- Extra virgin olive oil
- 1 sprig of cilantro, chopped
- Salt and pepper
- 2 fish filets of your choice, lightly seasoned with olive oil, and salt and pepper

1. Toss together orange, lime, lemon, grapefruit, red onions, honey, oil and cilantro. Add salt and pepper. Let sit for about 20 minutes to meld the flavours.

2. Pre-heat a pan over medium heat for 2 minutes. Alternatively, place a piece of foil on the bbq and add a teaspoon of oil.

3. Place fish filet down in pan or on foil for 2 minutes, depending on thickness. Flip once. Serve with citrus salsa.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Smoked salmon adds a sophisticated touch

1. Heat the oven to 425 F.

2. In a medium bowl, toss the potatoes with 1 tablespoon of the olive oil. Season lightly with salt and pepper. Transfer the potatoes to a baking sheet, then roast until tender and lightly browned, 15 to 20 minutes. Transfer the roasted potatoes to a plate and refrigerate just until no longer hot, about 10 minutes.

Ingredients

- 12 oz new potatoes, quartered
- 4 tbsp olive oil, divided
- Salt and ground black pepper
- 1 large or 2 medium bulbs fennel, trimmed
- 1/2 small red onion
- 2 tbsp rice vinegar
- 2 tbsp whole-grain mustard
- 1/2 tsp sugar
- 8 oz cold-smoked salmon
- 1 tbsp lemon juice
- Chopped fresh dill

3. While the potatoes cook and cool, use a mandoline or food processor to shave the fennel as thinly as possible. Do the same with the onion. Set aside.

4. In a large bowl, whisk together the vinegar, 2 tablespoons of the remaining olive oil, the mustard, sugar and a hefty pinch each of salt and pepper. Add the shaved fennel and onion, then toss until well coated. Divide the mixture between 4 serving plates. Top with the cooled potatoes.

5. Divide the salmon into thin slices. In a medium bowl, drizzle the salmon with the remaining 1 tablespoon of olive and the lemon juice. Gently toss to coat, then season with pepper. Mound a quarter of the salmon over each salad, then sprinkle with fresh dill.

THE ASSOCIATED PRESS

This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

4 SPORTS

CFL

Knee injury ends Oramasionwu's 2014 campaign

Edmonton Eskimos' defensive tackle Don Oramasionwu is out for the rest of the CFL season after suffering a ruptured patellar tendon in his left knee.

In addition, offensive lineman Thaddeus Coleman is out indefinitely with a dislocated right elbow, the team said Monday in a release.

Both players were hurt in Edmonton's 28-24 victory over the Hamilton Tiger-Cats on Friday.

THE CANADIAN PRESS

Tennis

Raonic, Bouchard rise in rankings

Milos Raonic rose three spots to No. 6 in the ATP men's tennis rankings, while fellow Canadian Eugenie Bouchard also reached a career high as she moved up six spots to No. 7 on the women's WTA list.

Wimbledon doubles champion Vasek Pospisil of Vancouver also made a big jump, surging from No. 94 to No. 33 in the men's doubles rankings.

Bouchard, from Westmount, Que., made the jump after advancing to Saturday's Wimbledon women's final, where she fell 6-3, 6-0 to Petra Kvitova.

On the men's side, Raonic, from Thornhill, Ont., jumped to No. 6 after reaching the first Grand Slam semifinal of his career, where he fell 6-4, 6-4, 6-4 to Roger Federer.

THE CANADIAN PRESS

MLB

Encarnacion starts DL stint

The Toronto Blue Jays placed slugger Edwin Encarnacion on the 15-day disabled list with a right quadriceps strain and activated outfielder Nolan Reimold before Monday night's road game against the Los Angeles Angels.

Encarnacion, who has a .277 average with 26 home runs and 70 RBIs, suffered the injury while legging out a grounder on Saturday in Oakland. He's expected to miss at least two weeks and won't be able to play in the upcoming all-star game.

THE CANADIAN PRESS

Kittel makes it 2 out of 3 in English leg of Tour de France

Marcel Kittel of Germany and Team Giant-Shimano celebrates as he wins Stage 3 of the Tour de France from Cambridge, England, to London on Monday. Kittel also won the first stage. Monday's race wrapped up the English debut to the 101st Tour edition with Italy's Vincenzo Nibali retaining the overall leader's yellow jersey. Scan the image with the Metro News app for additional photos from Stage 3 of the Tour de France.

DOUG PENSINGER/GETTY IMAGES

Cleveland awaiting LeBron's decision

He's taking his talents to... Mended relationship between Cavaliers owner and James could clear way for reunion

There was no eye contact, nothing to indicate any reconciliation. The breakup of LeBron James and Cavaliers owner Dan Gilbert was beyond bitter.

But now, as James considers a return to the team he abandoned four years ago with an entire region breathlessly awaiting a homecoming it couldn't imagine in its wildest dreams, it appears there has been some healing between the NBA superstar and his former boss.

Once aligned as basketball partners, James and Gilbert could barely stand the sight of each other during Miami's games in Cleveland in the past four years. It was an intense standoff, awkward and seemingly irreparable.

Time may have fixed their fractured relationship.

Most of the rest of the city has already forgiven James.

Cleveland, without a major sports championship to celebrate in almost 50 years, is praying for a reunion. On Sunday, Cavs fans flocked to social media to feverishly track one of Gilbert's private jets as it flew to Fort Lauderdale, Fla., where the plane's occupants dodged reporters and TV cameras with some deception.

In this Aug. 10, 2013 file photo, LeBron James greets fans while on the way to an interview at his foundation's "I Promise Family Reunion" in Akron, Ohio. PHIL MASTURZO/AKRON BEACON JOURNAL/THE ASSOCIATED PRESS

It's not known if Gilbert was on the jet — or if the trip was even NBA-related — but that didn't douse the free-agency firestorm. As James' decision nears, there's a renewed hope the prodigal son will come home.

But in the backdrop looms the James-Gilbert relationship.

James is giving serious thought to returning to Cleveland, to going home and making amends with the city for the one misstep in an otherwise impeccable NBA career. Tuesday is the four-year anniversary of announcing he was "taking my talents to South Beach" and the city is once again on hold. James is set to meet with Heat president Pat Riley, who was able to lure the four-time league MVP to Miami in 2010 but could be running out of time to convince him to stay.

Two people familiar with the situation said James will meet with Riley "in the next two or three days." The people spoke to The Associated Press on condition of anonymity because neither the team nor James announced their plans publicly.

James holds all the cards. It's his choice.

It was the same four years ago, when James ended his seven-year run in Cleveland by linking with all-stars Dwyane Wade and Chris Bosh. The "Big 3" went on to win two titles and went to four straight NBA Finals, getting crushed by San Antonio this year.

The trio could be splitting up. Wade and Bosh have been waiting to see what James will do, and it's possible he's going to go it alone.

THE ASSOCIATED PRESS

Heat adding new faces

The Heat announced Monday that they intend to sign forwards Danny Granger and Josh McRoberts when the NBA's moratorium on deals being formally struck ends later this week.

- Granger has agreed to sign a two-year deal, with an option for the second of those seasons. McRoberts agreed to a four-year contract, the last year also being an option.

Lionel Messi skips over a challenge. MARTIN MEISSNER/THE ASSOCIATED PRESS

Argentina vs. Netherlands

Messi, Robben to face off in showcase of footy footwork

The World Cup's best dribblers — Lionel Messi and Arjen Robben — face off when Argentina and Netherlands meet in the semifinals.

In Brazil, Robben has been quick, Messi has been quicksilver.

On Wednesday in Sao Paulo, either one could turn the semifinal with a dazzling turn of pace or a weaving run to propel his team to the final.

"We have to cut the supply line to Messi," Dutch defender Bruno Martins Indi told Dutch website Nu.nl.

The Barcelona star led Argentina through the group stage with four goals. He has also made 180 passes in his five matches so far.

The Dutch have shared the goal-scoring duties more evenly — Robben and Robin van Persie each have three, Memphis Depay has two of the team's total of 12 — but the Bayern Munich winger's scintillating sprints with the ball have often been the highlights of Oranje matches.

"We know that we will play against one of the best teams when it comes to counterattacks because of the speed of their men up front," Argentina midfielder Javier Mascherano said. "So we have to take precautions to not give them the possibility to counterattack, to always be well positioned, to not lose balls unnecessarily in areas where there's a lot of risk."

After scoring 10 times in group play, the Netherlands has managed only two goals in its two knockout matches and the Dutch will be hoping captain Van Persie regains his touch in front of goal.

More than Messi

"He's a good player, but we look at the whole team, not one player."

Netherlands goalkeeper Jasper Cillessen

He looked off the pace and missed an easy chance near the end of regulation time in the quarter-final against Costa Rica.

The Netherlands will again be without their powerful midfield controller Nigel de Jong, who has a torn groin muscle. A possible replacement, Leroy Fer, is recovering from a hamstring injury and it is not clear if he will be fit for Wednesday's semifinal at the Itaquerao Stadium.

THE ASSOCIATED PRESS

Brazil needs new hero with Neymar on shelf

Brazil head coach Luiz Felipe Scolari gestures during a practice at the squad's training complex on Monday in Teresopolis, Brazil. BUDA MENDES/GETTY IMAGES

Germany head coach Joachim Loew looks on during a practice at Estadio Mineirao on Monday in Belo Horizonte, Brazil. MARTIN ROSE/GETTY IMAGES

World Cup semifinals. Home team will have to attack from the back versus Germany without striking power

With Neymar out and Brazil's forwards ineffective throughout the World Cup, it will be up to the team's defenders and midfielders to keep Brazil in contention at the World Cup.

Brazil is having to turn the focus away from its once-mighty attack ahead of the semifinal against Germany on Tuesday, hoping the rest of the team will be able to come through and carry the hosts into the final.

Brazil scored 10 goals in its first five matches, with half of them coming from defenders and midfielders. Neymar scored four, with centre forward Fred finding the net only once. Defenders scored the team's other three goals.

Without any reliable options for the attack, coach Luiz Felipe Scolari is almost certain to replace striker Neymar with a midfielder.

Scolari recently even considered removing Fred from the lineup and adding a third central defender, going back to the 3-5-2 formation that he used when he led Brazil to its fifth world title in 2002.

"We are a team, and a team is not made up only of strikers," Scolari said. "We have a group. When this group wins, everybody wins, regardless of who scores the goals."

Chelsea midfielder Willian is the most likely replacement for Neymar, but in the team's final practice on Monday, Scolari hinted that he may even use three defensive midfielders, with Luiz Gustavo returning to the team after a yellow-card suspension.

"We have good players for the sector where Neymar played," Scolari said. "We have options. I'm confident, I'm not worried."

In addition to the Barcelona star, the coach picked four other strikers for the World Cup: Fred, Bernard, Jo and Hulk.

Fred was supposed to supply the goals, but the Fluminense player struggled from the beginning and has been loudly criticized by fans and local media. His lone goal came in the 4-1 win over Cameroon in the team's final group-stage match.

"Fred has been playing for the team," Scolari said. "Fred is not the only one in charge of scoring. Everyone has that responsibility."

THE ASSOCIATED PRESS

Shorthanded

Brazil hasn't had a star striker since Ronaldo stopped playing after the 2006 World Cup. Luis Fabiano was the team's starter in the 2010 tournament in South Africa.

- In addition to missing Neymar, Scolari also won't be able to count on captain and central defender Thiago Silva because of a yellow-card suspension. Dante, who plays in Germany for Bayern Munich, is almost certain to replace him.
- Silva scored one of Brazil's goals in the 2-1 win over Colombia in the quarter-finals on Friday.

CFL. Argos strengthen D with trade for Anderson

The Toronto Argonauts have acquired international defensive back Dwight Anderson from the Saskatchewan Roughriders in exchange for a conditional pick in the 2015 CFL Draft.

Anderson has won two Grey Cup championships with Calgary (2008) and Saskatchewan (2013). He has been named a CFL all-star twice and a divisional all-star four times.

In eight CFL seasons with Hamilton, Calgary, Montreal and Saskatchewan, the native of Spanish Town, Jamaica has amassed 343 defensive tackles, 19 interceptions, four (interception return touchdowns, seven fumble recoveries, one sack and 11 special teams tackles.

"Dwight Anderson is a veteran player who can help our team immediately," Argos general manager Jim Barker said in a statement. THE CANADIAN PRESS

Junior union. Unifor targets hockey players

Canada's largest private sector union plans to hold an organizing meeting Wednesday in an attempt to begin the process of representing major junior hockey players from around the country.

Unifor was created a year ago through the merger of the Canadian Auto Workers and the Communications, Energy and Paperworkers unions.

Unifor president Jerry Dias said Monday that the unionization of junior hockey is a long time coming.

"It's really slid under the radar screen because that's how people like it," said Dias. "The facts are the owners are doing quite well and this is a subject and this is a discussion that nobody wants to have."

The development comes more than a year after a failed attempt to unionize junior hockey players in Nova Scotia.

THE CANADIAN PRESS

Clippers sale. Doctor says Sterling has Alzheimer's

A neurologist has testified that Donald Sterling has Alzheimer's disease as a trial over the Los Angeles Clippers sale finally gets underway.

Dr. Meril Sue Platzer said Monday that she was hired by Sterling's wife, Shelly, to evaluate him.

The NBA has moved to oust Sterling as team owner because of racist remarks he made.

Shelly Sterling has made a $2-billion deal to sell the Clippers to former Microsoft CEO Steve Ballmer but Donald Sterling claims she didn't have authority to make a unilateral agreement.

Earlier in the day, a federal judge rejected a motion by Sterling's lawyers to move the case to federal court.

Sterling was the first person called to testify Monday but he wasn't in court and was ordered to show up Tuesday.

THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 14 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers.
It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You know fate is what you make of it and today you are determined to make of it something grand. The future? Bring it on!

♉ Taurus
April 21 - May 21
The planets indicate the right time for making your mark on the world is now. Don't wait to be asked — elbow your way to the front and just do it.

♊ Gemini
May 22 - June 21
It may be tempting to neglect certain responsibilities but others are watching you closely. If you cut corners it won't do your reputation a lot of good. Make an effort.

♋ Cancer
June 22 - July 23
It's the best time of the year for you. Even a setback of some kind today won't wipe the smile from your face. You know every setback brings a new opportunity.

♌ Leo
July 24 - Aug. 23
The Sun's transit of the most sensitive area of your chart is to blame if you just can't face the world at the moment. That's OK – you don't have to.

♍ Virgo
Aug. 24 - Sept. 23
You will have to be firm with someone today but you will also let them know that if they stick with you they will get their fair share of the glory.

♎ Libra
Sept. 24 - Oct. 23
You seem to be in a bit of a slump. You're an ideas person, so think of ways to boost your productivity.

♏ Scorpio
Oct. 24 - Nov. 22
Today's link-up between the Sun and Uranus means you won't hesitate to strike out in a new direction. Life is too short for not taking chances.

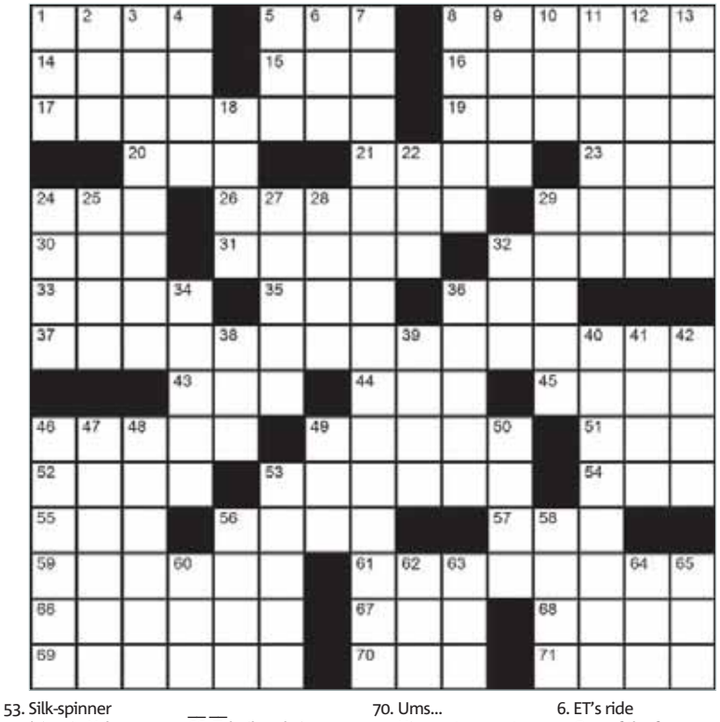
♐ Sagittarius
Nov. 23 - Dec. 21
Listen to what friends and family members have to tell you over the next 24 hours and, if their advice sounds good, act on it. Don't let your ego get in the way.

♑ Capricorn
Dec. 22 - Jan. 20
You like to take your time with new ideas but if you do that today you could miss out. The first idea that comes into your head is the one you must follow, no matter how silly it might seem to begin with.

♒ Aquarius
Jan. 21 - Feb. 19
Today's link between the Sun and your ruling planet Uranus will give you the impetus you need to change those areas where you are still not happy with your performance.

♓ Pisces
Feb. 20 - March 20
You need to get your act together and get something started today. Don't be afraid of change — change is your friend and ally.

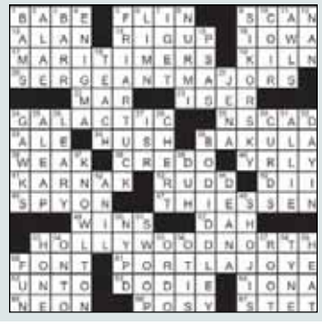
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. 1995 Shania Twain album: 'The Woman __ __'
5. Juice: French
8. Royal __ (Canadian real estate company)
14. Study hard
15. The Col.'s eatery
16. Fishing nets
17. Ramin __ (Canadian singer/stage star)
19. Became quite warm: 2 wds.
20. Athens' country, to the IOC
21. Bout enders, e.g.
23. 'Excess' suffix
24. California baseball team [acronym]
26. Composer Mr. Mahler
29. Take flight
30. Airport sched. word
31. Garden dweller
32. Boos!
33. Meaningful
35. Belonging to Memphis' li'l state
36. Cole Porter's "__ __ Clown"
37. #59-Across can be worn as one: 3 wds.
43. Ms. McGillis, briefly
44. Can
45. Shredded cabbage
46. Celebrate
49. Treaty of __ (War of 1812 finisher)
51. Disney deer
52. Grimace
53. Silk-spinner
54. '_' __ in Xylophone
55. "__ Pat" (1994)
56. 7th Greek letters
57. Calgary's prov.
59. LBD = __ Black Dress
61. Banff National Park: Valley of the __ __
66. Tchaikovsky's Symphony No. 5 key, __ __
67. Virgo's predecessor
68. Fox musical dramedy
69. Submitted by post: 2 wds.
70. Ums...
71. Hip poetry event

Down
1. "Eeew."
2. Firearms org.
3. Queen Elizabeth's younger sister
4. Title in Turkey
5. Alphabetic trio
6. ET's ride
7. One of the four floral emblems on The Arms of Canada: 2 wds.
8. __. __. (Provincial representative)
9. Greek Myth: God of love
10. Butter portion
11. For some time
12. Shelly __ (Canada's Heritage Minister)
13. Makeup maven Ms. Lauder's
18. Ms. Ryan's
22. Mr. Penn
24. Cheryl of "Charlie's Angels"
25. Region
27. Up to
28. Crooned
29. Achievements
32. Game: French
34. Orange __ (Tea)
36. Good luck! = __ chance!
38. Napoleonic Wars marshal
39. Linked
40. __ Technology, as per Gillette's new ProGlide razor
41. Collector's suffix
42. Shakespearean word
46. Actor Mr. Hirsch's
47. Guess Who song: 2 wds.
48. Canuck singer Mr. Bieber
49. 4.0, e.g.
50. Snare
53. "America's Got Talent" judge Howard
56. H.G. Wells people
58. Table holders
60. AC/DC song
62. 'Racket' suffix
63. Refusals
64. New Zealand parrot
65. School yr. part

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		5					9	
7	3						5	6
		2	8			7	3	
6				8	3		2	
				1				
	8		9	4				5
	9	4			1	3		
3	2						8	9
	7					1		

Yesterday's Sudoku

2	6	9	7	3	1	5	4	8
1	5	4	6	9	8	7	2	3
8	3	7	5	4	2	6	9	1
4	2	3	1	5	7	8	6	9
7	8	1	4	6	9	2	3	5
6	9	5	8	2	3	4	1	7
5	1	2	9	7	4	3	8	6
9	4	6	3	8	5	1	7	2
3	7	8	2	1	6	9	5	4

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